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ABSTRACT

This training manual presents concepts and skills that students can be taught to successfully address social, economic, and ethical issues both inside and outside of school. The manual is intended as a comprehensive guide for effective service learning and peer helper programs; the concepts and skills provided here are designed to apply human relation and communication skills in both personal and professional settings. The sourcebook's underlying purpose is to foster the development of healthy, well-adjusted, and confident role models and leaders. It presents a series of 16 daily lesson plans that teach, among other skills, helping skills, attending skills, questioning skills, critical thinking skills, and interpersonal feedback. Three different units then address specific themes. Unit 1 describes ways to create a helping environment, and features a series of exercises that prompt participants in self-discovery and positive outlooks. Unit 2 explores skills development in effective communication and focuses on restating content and feelings, and on conflict resolution. The last unit concentrates on group work and emphasizes team building and collaboration. Two appendices feature handouts, as well as testing and evaluation materials. (RJM)

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